**Quest Lift Off!**

**Week 6**

**Review and Celebration**

These first six weeks are the first steps on your journey to creating the life you want to live. It’s important now to take some time and see how you have progressed. Have gone further than you thought? Have you made some progress, or have you made none at all?

It’s important to ask yourself the following;

1. Be honest with yourself have you done all you could do, and have you done it consistently over the six weeks?
2. Are you being kind to yourself? Sometimes change can take time as you have a lot of poor thinking or habits to overcome.

The fact that you are here and logging in is a success as you are still working on creating your perfect World.

Celebrating successes no matter how small is important for our continued growth. The brain releases endorphins (which make us feel happy) when we celebrate so the more we celebrate our success the more our brain likes it and the happier we feel.

**Action for week 6**

Do an activity you enjoy celebrating your progress so far and send your progress to [dave@daveverburg.com](mailto:dave@daveverburg.com) as I’d love to hear about your success.